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Philippines SOS

Survivors plead for food, water and medicine, and officials struggle to contend with bodies in aftermath of devastating typhoon that killed an estimated 10,000

PAGE 8

In 'very tough day,' team sends Trey on his way

Mooseheads part with team captain Lewis over injury that could recur

PAGE 21

'WE'RE HERE FOR PEACE'

VETERANS AND FAMILIES OF VETS TOUCHED BY REMEMBRANCE DAY TURNOUT PAGES 3, 6



So far, so good for Mayor Mike

City Matters. Savage scores high; council gets more middle-of-the-road rating in this year's survey for Metro Halifax



RUTH DAVENPORT
ruth.davenport@metronews.ca

HRM's first new mayor in 12 years gets a resounding vote of confidence in an annual city-wide survey.

Forty per cent of respondents to the 2013 City Matters survey gave Mayor Mike Savage a score of 8 or higher for his first year in office.

Just four per cent gave him a grade of 3 or lower.

"There's 40 per cent of the population who are ex-

ceptionally pleased," said MQO Research senior counsel Rick Embury.

"There's a significant portion of the population who feel pretty good about it. But there's almost nobody who thinks it's bad."

The City Matters survey is conducted by MQO Research for

Kelly an 8 or higher, and 18 per cent graded him a 3 or lower. His average score was 5.7, compared to Savage's 6.9.

Savage attributed the positive numbers to council's overall improved performance — though he did say he's been coming out of his shell somewhat.

Metro Halifax and the Greater Halifax Partnership.

Last year, just 25 per cent of respondents gave outgoing Mayor Peter

"One thing I am being, perhaps more than you can be in federal politics, is yourself," he said.

"I really enjoy all the personalities on council ... and I've found that when each of us say what we feel and act in a way that represents who we are, we click pretty well."

Regional council's results were more lukewarm, with 24 per cent of respondents giving a score of 8 or higher.

Most

new, smaller council is working well and efficiently.

Former councillor Sue Uteck agreed, and said the survey results are likely more a

Quoted

"I really enjoy all the personalities on council ... and I've found that when each of us say what we feel and act in a way that represents who we are, we click pretty well."

Mayor Mike Savage

them off."

Council wasn't graded in the 2012 survey.

The poll surveyed 600 residents over the age of 18, with a margin of error of plus or minus four per cent, 19 times out of 20.

reflection of the current state of politics, referring to the Rob Ford and senate expense scandals.

"(Halifax council) haven't done anything overly wrong, and they haven't done anything through the top that everyone's going, 'Yay!'" she said.

"In government, the only time you really get people's attention is when you piss

grades were clustered between 5 and 7.

Councillors told Metro last week the

More coverage, page 4

On the web

For more local coverage, visit metronews.ca



Council

6.4

Halifax regional council's average score, on a scale of 1 to 10, according to City Matters survey.



Mayor Mike Savage is feeling plenty of love from HRM citizens in a new poll conducted for Metro Halifax and the Greater Halifax Partnership. METRO FILE

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'It doesn't get any easier'

Remembrance Day.
Halifax woman among
thousands to take part
in HRM ceremonies

Among the sprawling crowd that arrived at Grand Parade, stood 86-year-old Nancy Young, clutching a small portrait of her beloved husband.

It captured Staff Sgt. Aubrey Young the way she remembers him — a gentle, but proud soldier, husband and father with “a smile a mile wide.”



Nancy Young
ANDREW RANKIN/METRO

Throughout Monday's Remembrance Day ceremony that drew hundreds to downtown Halifax, during the prayers of peace, the wreath laying, the haunting piper's lament, Nancy grieved. “I was just thinking about how much I miss him,” the Halifax woman said. “It doesn't get any easier.”

A gunner with the 2nd Anti-Tank Regiment during World

War II, he spent four years serving all over Europe and was involved in the Liberation of Holland. He died at the age of 87, three years ago.

The pair met shortly after he returned from overseas and soon married. But the horror he witnessed there would haunt him for the rest of his life.

“Of course, it wasn't called post traumatic stress disorder back then. He always had nightmares; he always had problems with his nerves,” said Nancy of her husband who, throughout his entire life, was in and out of the hospital being treated for the disorder.

He shared little with his family about his war experience. But one memory he shared remains with his daughter Susan.

“They were stationed at a farm in Holland and a goat had gotten hit by shrapnel. They tapped its innards back up and they treated it like their pet. It was something for them to hold onto, to get them through.”

Despite the torment Aubrey endured, he's remembered by his five children and wife as a wonderful father and husband.

“We were always together, whatever we did, it didn't matter what it was,” said Nancy.

ANDREW RANKIN/METRO



Members of the Royal Canadian Navy hold their headgear during prayers at the Remembrance Day ceremony at the Grand Parade in Halifax on Monday. ANDREW VAUGHAN/THE CANADIAN PRESS

Woman says Monday's turnout eased pain of grief

What helped Priscilla Blake cope with reliving the tragic death of her husband was the massive crowd that gathered at Grand Parade on Monday.

“It helps,” said Blake. “It's just so nice to see so many people out today, so many young people. They've taken the time to pay their respects.”

In May 2010, Petty Officer 2nd Class Craig Blake, 37, was

Quoted

“They weren't for war, they were for peace.”

Priscilla Blake said of Canadian veterans

killed by an improvised explosive device while serving in Afghanistan.

He also left behind two sons,

Tie, 9, and Cain, 17. The family laid a wreath in honour of the man they say was the most important person in their lives.

“He was such a giving person; he was larger than life,” said Priscilla. “We just miss him so much.”

In her loss, Priscilla finds much of her strength in the way her boys have coped in the face of tragedy. “I'm so

proud of how they're doing,” she said. “Their father would be so proud in everything they've accomplished and how they've handled themselves.”

For her, Remembrance Day is above all about peace and the collective struggle to achieve it.

“We're here for peace and these men who we remember, that's what they were trying to achieve.” ANDREW RANKIN/METRO



Priscilla Blake and her youngest son Tie during the Remembrance Day ceremony at Grand Parade on Monday. ANDREW RANKIN/METRO

1 NEWS



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Transit scores rise ahead of service, tech overhaul: Survey

City Matters. Public transportation among lowest-ranked municipal services, but grades climbing



RUTH DAVENPORT
ruth.davenport@metronews.ca

The head of Metro Transit says an improved grade for public transportation on the 2013 City Matters survey is welcome news — and he's cautiously optimistic the numbers will continue to improve.

"I think we're moving in the right direction for transit and the city of Halifax ... and I think we'll get there with little gains like this," said Metro Transit director Eddie Robar. "But I've got much loftier goals in mind."

Respondents to the survey, conducted for Metro Halifax and the Greater Halifax Partnership by MQO Research,

gave public transportation in HRM an average score of 6.3 out of 10 — just above last year's 6.0.

However, the number of respondents who gave it a score of 8 or higher on a scale of 1 to 10 climbed from 24 to 33 per cent.

"The story is not so much where the numbers are as the direction where they're heading," said MQO senior counsel Rick Emberley.

Robar said there's been "positive changes" for transit over the last year, which included rebounding from the 2012 strike by Metro Transit drivers.

"We spent most of our money on service reliability changes, so really trying to get some delinquent routes back to rights," he said.

In the bigger picture, Robar said Metro Transit is in the middle of a major transformation. It's investing \$50 million in technology upgrades over the next five years that include everything from new fare-box technol-

Survey coverage this week:

- **Wednesday:** Policing, safety and bullying
- **Thursday:** Economy and downtown development
- **Friday:** City life, diversity and tolerance

ogy to the potential for smart-phone apps.

"In five years' time, people will not recognize the way that we interact with our vehicles," he said.

Perhaps most significantly, Robar noted Transit embarked on a major public consultation exercise to shape the next five years, an "aggressive" enterprise he said could lead to long overdue changes in HRM's public transportation options.

"You've got to have a council that's ready to change, you've got to have a mayor that's ready to change ... The other part is to have a public that's ready for it, and a transit management that's willing to go down that road," he said. "For us the stars are really aligning like that and we've got a great opportunity here to do some really big things."



A Metro Transit ferry crosses Halifax Harbour in August. JEFF HARPER/METRO FILE



Road maintenance, snow removal see bumps



A plow in downtown Halifax last winter. JEFF HARPER/METRO

It seems a mild winter and more experienced contractors thawed out some residents' perceptions of HRM's snow-clearing efforts.

Respondents to the 2013 City Matters survey gave snow clearing an average score of 6.8 out of 10, up from 6.3 in 2012.

Nearly 40 per cent gave it a score of 8 or higher, up from 29 per cent last year.

HRM municipal operations manager Chris Mitchell says milder weather last year

meant more time for snow clearing between storms.

He added that private contractors are now held to HRM's in-house service standards.

"People who had only had a year or two are now that much more inclined to understand what the standards are," he said. "They have changed their business practice to be able to follow along the standards which we follow."

Also new last year was the

Survey size

600

The poll surveyed 600 residents, with a margin of error of plus or minus four per cent, 19 times out of 20.

addition of winter parking-ban notifications to the City Watch system. About 4,000 people signed up for phone or email notices.

Road maintenance re-

mained the lowest-ranked municipal service yet again, getting an average score of 5.9 out of 10. Just 18 per cent of respondents gave it a score of 8 or higher — five per cent more than in 2012.

"Council threw some state of good repair money to us this year, so we were able to get a hold of money earlier, put contracts in place earlier to get looking at a good chunk of the downtown core," said Mitchell.

RUTH DAVENPORT/METRO

Mean scores for municipal services, out of 10

Green spaces

7.3

Recreation facilities

7.0

Snow clearing

6.8

Public transportation

6.3

Good value for municipal taxes

6.2

Road maintenance

5.9

Dartmouth. Five charged in armed theft of cabbie

Police have charged five people after a taxi driver was allegedly threatened with a knife and robbed in Dartmouth.

Police say the driver had picked up five people at Alderney Landing around 2:30 p.m. Sunday.

They say while driving on nearby Portland Street, one of the passengers showed the driver a knife and demanded money.

The assailants made off

The suspects

Police say two girls, a boy and two men have all been charged with robbery and are expected to appear in court on Tuesday.

with some cash and a cell phone.

The victim was not injured.

THE CANADIAN PRESS

Gunfire. No link between home shootings: Police

Police say they don't believe two shootings in HRM over a four-hour period are related after a Halifax-area house was shot at, and then later, two homes were struck by gunfire in Williamswood.

The first shooting happened at 9:40 p.m. Saturday on Williams Lake Road in Spryfield. A home was hit by a single gunshot that passed

through a window.

The second shooting took place in Moody Park in Williamswood around 1:45 a.m. Sunday.

Police say the suspect, who was driving a newer-model silver hatchback, parked in a driveway and then fired at two homes across the street.

No one was injured in either shooting. METRO

Fuller Terr. Light switch proves burglar's undoing

A 40-year-old woman is facing charges after police say a couple was awoken by a burglar who turned on their bedroom lights.

Police say the victims were sleeping in their bedroom early Saturday when an unknown person entered their room and turned the lights on.

The couple, who live in the 2700 block of Fuller Terrace, ordered the woman

out of their house and police were contacted.

Officers found the suspect on foot in the Creighton Street area about 10 minutes later.

She was taken into custody and found with stolen property, police say.

The Halifax-area woman is charged with break-and-enter, theft and breach of conditions.

METRO



The Halifax Metro Centre in the city's downtown core could soon have a new name. ANDREW RANKIN/METRO

Metro Centre going corporate?

Staff report. Naming rights of downtown Halifax facility on council agenda

Quoted

"For the (Halifax Metro Centre), naming rights provide a very good opportunity to help fund improvements." Staff report being presented to Halifax regional council Tuesday

The Halifax Metro Centre may be no more — in name only, that is.

Halifax regional council will be presented with a staff report during Tuesday's meeting, calling for it to work with Trade Centre Limited on naming rights for the 35-year-old facility.

If agreed to, the Metro Centre could be under a new corporate name by the fall of 2014. It's believed the naming rights could bring in as much

as \$500,000 annually for the facility that's currently home to the Halifax Mooseheads and most major concerts and events in the city.

"In order for HMC to continue to be appropriate for event delivery and provide quality service to customers, certain areas of the HMC require significant refurbishment and updating," states the staff report. "As owners of HMC, this refurbishment will require a significant capital

investment by HRM. As a result, staff has been exploring options to best address this need."

If council gives the go-ahead, a public request for proposals would be issued to gauge interest, though the staff report says financial institutions, telecom companies and alcohol companies are the ones to likely step forward.

The report specifically asks council not to block al-

cohol companies from making proposals "to maximize the value received for HMC naming rights."

Naming rights for arenas are nothing new in Canada. Most major indoor and outdoor stadiums are now named after companies, including the Canadian Tire Centre in Ottawa, the Air Canada Centre in Toronto and Rogers Arena in Vancouver.

The staff report says the Metro Centre needs upgrades in the \$6-million range. That includes \$2.3 million for the replacement of seating, \$2 million for a new centre-ice clock, \$1 million for expansion to washroom facilities and \$1.2 million for a new ice slab. PHILIP CROUCHER/METRO



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Bearskin Airlines. Plane crash in NW Ontario kills five; one survivor pulls another to safety

A man who survived a plane crash that killed five others in northwestern Ontario managed to pull a woman to safety before flames engulfed the aircraft, provincial police said.

The Bearskin Airlines plane went down just after 7:30 p.m. Sunday on approach to the Red Lake airport, about 500 kilometres northwest of Thunder Bay, Ontario Provincial Police said.

The twin-engine turbo-prop burst into flames when it hit the ground, and only two people survived.

The two pilots — a 25-year-old from Mississauga and a 34-year-old from Winnipeg — were among those killed.

Three passengers — a 53-year-old woman, a 53-year-old man and a 64-year-old woman — all from Red Lake — were also killed.

The survivors were identified as a 29-year-old man and

Bound for Red Lake

Bearskin is based in Sioux Lookout and has operated since 1963, employing 300 in Ontario and Manitoba.

- There's no word on the cause of the crash.
- The plane was totally destroyed by flames; the woods around were also on fire.

a 50-year-old woman, both from Winnipeg.

"The one male (survivor) was actually the one that called us to report the crash," said OPP Sgt. Rob McDonough. "He was able to pull the woman out of the wreckage prior to it becoming fully engulfed in flames."

The 19-seat aircraft had taken off from Sioux Lookout. **THE CANADIAN PRESS**

Hundreds attend funeral for British veteran, 99

Harold Percival. His friends and relatives are long gone; he was part of raid on German dams in 1943

Mourners observed a two-minute silence for victims of war before Harold Percival's coffin, draped in a blue RAF flag, was carried into the chapel to the strains of the Dambusters March.

Hundreds of Britons attended the funeral on Monday of the 99-year-old former Second World War airman they'd never met.

Harold Jellicoe Percival died Oct. 25 at a nursing home in northwest England, with no family or friends still alive.

An advertisement was placed in the local newspaper asking people to attend the service so his pass-



Hundreds pay respects to Harold Percival in Lytham St. Annes, England, Monday. LYNNE CAMERON/THE ASSOCIATED PRESS

ing would not go unmarked.

The ad was taken up on Twitter, and several hundred gathered Monday to pay respects to Percival, who served as ground crew with Royal Air Force Bomber Command during the war. Scores who

could not fit inside stood out in the rain. Monday was the anniversary of the end of the First World War, on Nov. 11, 1918. The funeral began 95 years to the hour after the 1918 armistice.

THE ASSOCIATED PRESS

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Rev. Alan Clark, who led the service

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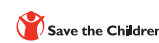
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Ford scandal not forgotten at event with vets

'He's ... a druggie.'

Controversy-plagued Toronto mayor booed, refused handshake at Remembrance Day ceremony

Embattled Toronto Mayor Rob Ford couldn't escape controversy at a Remembrance Day ceremony Monday, where a veteran refused to shake his hand.

Ford gave a short speech honouring the military, and there was a quiet smattering of boos and cries of "shame" in the crowd as he walked up to the podium, though there was also light applause.



Toronto Mayor Rob Ford speaks during a Remembrance Day service on Monday.
CHRIS YOUNG/THE CANADIAN PRESS

After he laid a wreath at the foot of the cenotaph at Toronto's Old City Hall, the mayor walked past a row of veterans and at least one re-

fused a handshake.

Tony Smith, who was stationed in Germany after the Second World War, said Ford should not have been there, given his admission last week that he had smoked crack cocaine.

"I didn't shake his hand because he's a drug addict, a druggie," Smith said. "He's No. 1 man in the city and he's smoking up and boozing it up. I don't mind people having a drink. I certainly don't agree with drugs."

Ford reversed five months of denials last week when he admitted he had smoked crack cocaine, likely in one of his "drunken stupors," but has repeatedly denied he is an addict.

THE CANADIAN PRESS



Violence erupts at Polish independence day march

A woman watches the remains of a rainbow sculpture in downtown Warsaw, Poland, Monday. The sculpture made of colourful artificial flowers was set on fire by nationalists taking part in a march marking Poland's independence anniversary. Young Poles torched cars, threw stones at police and tried to climb the fence at the Russian Embassy. Police detained around a dozen people, and Poland's Foreign Ministry spokesman Marcin Wojciechowski condemned the actions on Twitter, saying, "There is no justification for hooliganism." ALIK KEPLICZ/THE ASSOCIATED PRESS

Russia. Man nails his genitals to ground in protest

A Russian performance artist nailed his genitals to the ground outside Moscow's Red Square in protest over Russia's "police state" as the country marked national police day.

A video shows naked Pyotr Pavlensky sitting just outside the Kremlin Sunday after nailing himself to the ground. Police first took him to the hospital and then into custody.

Interfax news agency said that a court dismissed charges of "petty hooliganism" and released him Monday.

Pavlensky, who has long been known for his self-mutilating stunts, told Dozhd television he wanted to warn that "we are on the threshold of becoming a police state."

In the summer of 2012, Pavlensky sewed his mouth closed to protest the imprisonment of three members of Pussy Riot band.

THE ASSOCIATED PRESS

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UN climate talks. Envoy to fast until he sees hope

The devastation caused by Typhoon Haiyan cast a gloom over UN climate talks Monday as the envoy from the Philippines broke down in tears and announced he would fast until a "meaningful outcome is in sight."

Naderev "Yeb" Sano's emotional appeal was met with a standing ovation at the start of two-week talks in Warsaw, where more than 190 countries will try to lay the groundwork for a new pact to fight global warming.

Choking on his words, Sano said he was waiting in agony for news from relatives, though he was relieved to hear his brother survived.

"In the last two days he has been gathering bodies of the dead with his own two hands," Sano said.

UN climate chief Christiana Figueres also made reference to the "devastating impact" of the typhoon in her opening speech and urged delegates to "go that extra mile" in their negotiations.

Scientists say single weather events cannot conclusively be linked to global warming. Also, the link be-

Plea

"We can fix this. We can stop this madness. Right now, right here."

Philippine envoy Naderev "Yeb" Sano, to the other delegates in Warsaw, Poland.

tween man-made warming and hurricanes is unclear, though rising sea levels are expected to make low-lying nations more vulnerable to storm surges.

Nevertheless, extreme weather such as hurricanes often prompt calls for urgency at the UN talks.

Last year, Hurricane Sandy's assault on the U.S. East Coast and Typhoon Bopha's impact on the Philippines were mentioned as examples of disasters the world could see more of unless it reins in the greenhouse gas emissions that scientists say are warming the planet.

"We can fix this. We can stop this madness. Right now, right here," Sano told delegates in Warsaw, Poland.

THE ASSOCIATED PRESS



A survivor writes a message on their port to call for help in the typhoon-ravaged city of Tacloban in central Philippines on Monday. AARON FAVILA/THE ASSOCIATED PRESS

Victims cry out amid death and desolation

Haiyan continues

Thirteen people die preparing for storm in Vietnam

Haiyan made landfall in Vietnam on Monday as a tropical storm. State media quoted officials as saying 13 people died and 81 others were injured while reinforcing their houses and trimming trees. They said the storm damaged more than 1,300 houses and 39 boats in the province of Quang Ninh. THE ASSOCIATED PRESS

One dead

Thunderstorm batters Croatia

Croatia has been hit by a thunderstorm and gale-force winds that ripped off rooftops and left one person dead and 22 injured.

Winds reached 220 kilometres per hour.

In the capital, Zagreb, trees and rooftops fell on cars as firefighters and rescue services struggled to cope with emergency calls. THE ASSOCIATED PRESS

Tacloban, Philippines.

Rescuers struggle to operate in city ripped asunder by typhoon

Bloated bodies lay uncollected in the streets and desperate survivors pleaded for food, water and medicine as rescue workers took on a daunting task Monday in the typhoon-battered islands of the Philippines.

The city of Tacloban re-

Blasted landscape

"I don't believe there is a single structure that is not destroyed or severely damaged in some way — every single building, every single house."

U.S. Marine Brig. Gen. Paul Kennedy, after taking a helicopter flight over Tacloban, the largest city in Leyte province.

sembled a garbage dump from the air, with only a few concrete buildings left standing.

At a small naval base, eight swollen corpses — in-

cluding that of a baby — were submerged in water. Officers had yet to move them, saying they had no body bags or electricity to preserve them.

Authorities estimated

the typhoon killed 10,000 or more people, but with shattered communications and transportation links, the official death toll three days after the storm made landfall remained at 942.

Soldiers from the Philippines and U.S. were distributing food and water, and assessment teams from the United Nations and other international agencies were seen Monday for the first time.

THE ASSOCIATED PRESS



Good friends. Good food. Good times.

TEMP2710

**MARGARITAS
& Chicken
Fingers**

Gifts. Flipboard helps take guesswork out of holiday shopping with wish lists

Personal magazine creator Flipboard is expanding into shopping catalogues just in time for the holiday shopping season.

A tool released Monday will allow Flipboard users to display their gift wish lists and highlight their favourite products in a catalogue-like format. The digital catalogues include links so the products can be purchased by anyone browsing through the selections on Flipboard's application for Apple Inc.'s iPhone and iPad, as well as mobile de-

Growing group

Flipboard has accumulated about 90 million users so far, says co-founder Mike McCue.

vices running on Google Inc.'s Android operating system.

Several merchants and websites, including Gap Inc.'s Banana Republic and eBay Inc., are distributing Flipboard catalogues.

THE ASSOCIATED PRESS

Attempting a turnaround

Sears selling stake in eight properties

Sears Canada Inc. is selling its 50 per cent interest in eight properties for about \$315 million, the national retailer's latest major real estate transaction. THE CANADIAN PRESS

Random biz fact of the day

6 sec.

Hiring managers spend about 6 seconds on a resumé to look for: name, current/previous company, title, position start/end dates, and/or education.

CAREERLEAF/NEXCAREER

Beer pours \$13.8B into economy



JONATHAN HAYWARD/THE CANADIAN PRESS FILE

Cheers to that

Brewskies account for 1% of GDP

A new report from the Conference Board of Canada found the brewing, transportation, sale and consumption of beer contributes \$13.8 billion to the country's economy, or nearly one per cent of GDP.

LUKE SIMCOE/METRO

Brews up jobs

"Beer has been a part of Canadian life for hundreds of years. The beer economy is a significant employer. No matter where people buy beer, they support jobs across the country."

Pedro Antunes, with the Conference Board of Canada

Patriotic pints

85%

Unlike other countries, our beer industry is highly domestic. Roughly 85 per cent of beer consumed in Canada is produced here.

1 of 100

The study found the beer industry supports 163,200 jobs in Canada, meaning one out of every 100 jobs is beer-related.

Wobbly pops still the tops

- Beer is the most popular alcoholic beverage in Canada, accounting for 45 per cent of all alcohol sales and 8.1 per cent of total household expenditures on food and drink.
- Canadians drink roughly 23 million hectolitres of beer annually, or roughly 80 litres per capita.
- The beer economy brings in \$5.8 billion in municipal, provincial and federal tax revenue.
- Yukon residents drank the most beer, at roughly 385 bottles per capita per year. British Columbians drank the least beer per capita, at 205 bottles annually.

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Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

metronews.ca/temp

9-to-5 alternatives

Care to wing it in Saskatchewan?

While the public has heard horror stories and urban myths about temporary work, some of the jobs posted for temporary workers sound more inviting than the nine-to-five grind.

In Regina, someone is looking for a live-in caretaker for an elderly woman to spend six months of summer in Katepwa Lake, Sask., with the other six months, the cold season, spent in Phoenix, Ariz.

The posting on Kijiji advertises a working wage of \$10.51 an hour and residence in a private household. The job description consists of regular tasks like doing dishes, gardening and other typical household chores.

However, other postings, like a help-wanted ad for people to clean poultry barns in Melville Sask. — a 40- to 70-hour-per-week job depending on the number of barns, with a wage of \$18 an hour — will make you appreciate your warm, clean office more than ever before. **METRO**



GETTY IMAGES

Temp is Slightly Shocked by Lunch Query

We settled on the Saipan, a Japanese lunch place run by a noisy Belarussian family. It's a quick walk if you cut through the next-door parking lot of AmQex, a defence contractor, and trek over brown grass berms forested with CCTV cameras atop white poles.

We quickly ordered two bento boxes and sat down by a window.

"How's temping?" asked Sarah.

"I get used to feeling disposable."

"You know about the warehouse fire, don't you?"

"Know what?"

"Kevin Taylor's wife started it."

"No!"

"Yes. They caught her on the AmQex cameras."

"Holy moly. Why?" I played dumb.

"Nobody else knows. The Daniel told me."

"Huh."

Our boxes arrived and we quickly ate. Sarah had yet to tell me why we were there — and then she did: "So, are you and Kyle a, um, couple?"

For once I got to roll my eyes. "No! And I keep on feeling like we're two pandas in a Chinese zoo and everyone's waiting for us to mate." I remembered my pledge to be nice. "Why are you asking?"

"Because I thought maybe he and I..."

"Sarah, you're 40!"

"So?"

"I'm sorry. That just blurted out. But really, Sarah, you're 40 and he's maybe 25."

"All the better."

I sucked in a breath. "Well, he's all yours to win, and he may be getting a job at the refineries, so he's ready to settle down, too."

"You think I'm a perv?"

"No. I say go for it and good luck. He can get you discounts on skateboard equipment, too."

"Meow."

"Just wrapping my brain around this." We ate the remains of some oily tempura. Then I realized something: "It was very nice of you to ask me first. For real."

"I'm not a monster. And I'm just not another Sarah Unit around the office."

"I guess not."

Walking back, we approached two older guys with cardboard signs begging at the stoplights, one an Afghan vet, the other guy just old and sad. Sarah and

"I'm not a monster. And I'm just not another Sarah Unit around the office."



Random biz fact of the day

18%

Why not speak up — 18 per cent of people never negotiate or make a counteroffer when taking a new position.

SOURCE: NEXCAREER

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Random fact of the day

Life in plastic, it's fantastic. The name? Not so much ...

- Barbie's full name is Barbara Millicent Roberts. Ken's full name? Ken Carson.

SOURCE: WIKIPEDIA.ORG



I looked at each other. "What are we going to do?" I asked.

"I always give the old guys something because, I mean, what are they going to do, become Walmart greeters? The young guys ... if I think it's going on drugs I don't give. But the Afghan guy doesn't look druggy."

"He just looks so lost and forgotten."

We ended up giving each of them 20 bucks, and Sarah did a cool thing: She asked them each their name, and they were so glad just to be able to say it to someone, and then hear it said back to them — like the world remembered them again. The old guy was Kurt, the younger guy was Darren.

When we got back to the office, there were six police cruisers in the lot, cherries flaring. Uh-oh. And vans. And a K-9 unit.

TO BE CONTINUED ...

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AGE IS JUST A SERIES OF 'SHOULDN'TS'

They say age isn't so much a number but a state of mind. And while that idiom might have some truth to it, at 28 years old, my mind and body agree that there are some things I've definitely outgrown. It's not that I'm too old for this stuff, but perhaps I'm just not quite young enough anymore.

Not eating vegetables. There was a period in my youth where I subsisted on a steady diet of coffee, vodka, pizza and sugary breakfast cereals. It wasn't healthy but it was delicious. Nowadays, if I go for more than 24-hours without some form of leafy green I can literally feel my body rebelling against me. I've turned into someone who actually cares about the nutritional content of different types of lettuce and I regularly use the phrase "super-food" without a hint of irony. If there is a way to add kale to my meal,



SHE SAYS
Jessica Napier
metronews.ca

it's happening.

House parties. Don't get me wrong, I love a civilized wine and cheese soiree in the comfort of one's home, but there are certain types of residential bashes that are best left to the younger set. Drinking strong mixed drinks composed of found-liquor in a stranger's kitchen and then playing a round of flip cup with people born in the 1990s — this is not for me. The terrifying bathrooms are a deal breaker on this one.

Slumber parties. Crashing on a friend's couch in an emergency or spending a weekend away at a cottage with a group of friends is one thing, but sleeping over just for the sake of it just seems pointless. I'm sorry, but I happen to be very specific about my pillow density and enjoy being productive in the mornings. If we live in the same city, I can guar-

antee that I'm heading home at the end of the night to sleep in my own bed.

Caring about my ex-boyfriends on social media. The days of cyber-stalking my exes and analyzing every new profile photo and wall post from a beautiful girl are behind me. Maybe I can chalk this one up to my own maturity but it's probably because there are too many engagement announcements and baby photos clogging up my news feed.

Becoming deeply invested in television shows aimed at teenagers. Earlier this year I found myself sick in bed for the weekend and decided to binge-watch *Pretty Little Liars* on Netflix. Am I proud of this decision? Of course not. But now I am regrettably committed to watch (and worse, care about) this mindless teen soap until its ultimate cancellation. And yes, in this case knowing that I am too old for this type of behaviour doesn't stop me from doing it.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Art to give a hoot about



CECELIA WEBBER/SOLENT NEWS

Owl reproduced from nude models

This amazing picture of a flying owl has been given a truly human touch — because the artist has created it out of people.

American artist Cecelia Webber takes hundreds of photographs of nude models and spends up to a year editing them together on her computer to create extraordinary collages. **METRO**

Artist is the subject of work

1

model was used in this picture on an owl in flight — the artist herself.

"I spent about a year trying to perfect that pose of me falling forward," Webber, an American artist based in Montreal, explains. "Then it took about three months for me to complete the rest of the image." Asked if she considers this work to be a self-portrait, the artist answers: "I don't see myself per se in my works. To be frank, I would be really intimidated if I did!"

Birds and bugs make 'poetic' images

Birds and insects are Webber's preferred subjects, as the animals' discrete and distinct body parts are easier to imitate using individual shots.

"It's more difficult to realistically duplicate the fur of an animal," Webber tells Metro. "There is something more poetic about a bird shape, for instance. Its feathers are conducive to movement." **METRO**

What's next?



"I would like to create an endangered species next. Reproducing this animal with real human shapes would help rekindle our connection with nature."

Cecelia Webber, artist

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Instagram, a.k.a. ground zero for food porn, is home to filtered flans, videoed vindaloo and all sorts of digitally documented delicacies. While a quick tour through the archives will likely get your stomach rumbling, why not go straight to the horse's mouth and see what celebrity chefs are posting.



METROFILE

@aprilbloomfield:

Two-time Michelin Star winner April Bloomfield (of *Spotted Pig*, *Breslin* and *Iron Chef America* fame) not only knows her way around the kitchen, but also around a camera.

@jamieoliver:

No stranger to social media, Oliver's found quite the social media following. His Instagram account not only shows beautiful food pics, but includes the occasional how-to video.

@davidchang:

While food dominates the Momofuku founder's photo feed, markets, music and sunsets make up a fair share of the Korean-American chef's pics.

Letters

mess is more than just an extremely entertaining freak show.

I was in a cab this weekend in St. Catharines and the subject of our mayor came up within thirty seconds.

"Why is the media picking on the mayor for partying on his own time," the driver asked with some frustration.

The media has failed to tell the story in a way that convinces the die-hard supporters that this is serious business. It is serious business in terms of how Ford has compromised himself as mayor.

Ted Burley, Toronto

It's more shocking than the sordid details that make up the Rob Ford scandal. That is, the enduring approval rating of the mayor among Ford Nation.

The circumstances should have sunk the mayor even among his most loyal followers. But why hasn't it? I suggest the media has done a poor job covering the story, other than laying out the sordid facts and rumours, while making news themselves lying in wait.

It has been an epic fail. This

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca



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DVD review



Man of Steel

Director: Zack Snyder

Stars: Henry Cavill,
Amy Adams

•••••

A planet explodes, buildings collapse and heroes and villains battle amidst the debris in *Man of Steel*, a blockbuster in every sense of the word. The film's most impressive feat, however, is considerably more cerebral: convincing us that the Superman movie we don't need is one that we may actually want — and the thought of a more streamlined sequel is even better. Snyder (*300*, *Watchmen*) packs more details into one montage than most directors put into an entire movie. He's in no rush to place thoughtful British actor Henry Cavill (TV's *The Tudors*) into the revamped Superman suit, or even to have his superhero referred to by name, which barely happens. Instead Snyder luxuriates in making *Man of Steel* a true origin story, giving us a view of doomed planet Krypton never before glimpsed in innumerable previous Superman movies. Origin stories rarely achieve 100 per cent success since there's usually too much story to their origins. *Man of Steel* is no exception, but there's reason to hope that future chapters will really lift us up, up and away. Hours of extras, mostly on Blu-ray, include multiple making-of featurettes.

PETER HOWELL

Michael J. Fox shakes off the comedy dust

Surprise success.

Comedian's new show is proving the critics wrong as it gets picked up for syndication

EMILY
LAURENCE
Metro World News

The results are in. Now halfway through the season, Michael J. Fox is proving early doubters wrong with the surprise success of *The Michael J. Fox Show*. When Fox decided to return to TV full time, people were supportive, but no one was quite sure what to expect. But the show has just been picked up for worldwide syndication and boasts some big upcoming guest stars, such as Sting, who will play himself in the show's holiday special.

The show is loosely based on Michael's real life — he plays a family man with Parkinson's who decides to return to work — but beyond the premise, it has its own storyline separate from the actor's life. "The story of our first season is that after everything he's been through, Michael J. Fox is still one of the funniest men in America," creator Sam Laybourne tells Metro.

On the show, it's Fox's character Mike's wife who pushes him to go back to work, but Fox says in real life, he pushed himself. "I was enjoying my guest appearances (on *The Good Wife* and *Curb Your Enthusiasm*) so much that I thought, 'Why can't I do this? What is the unwritten rule that I can't

Family-friendly fun

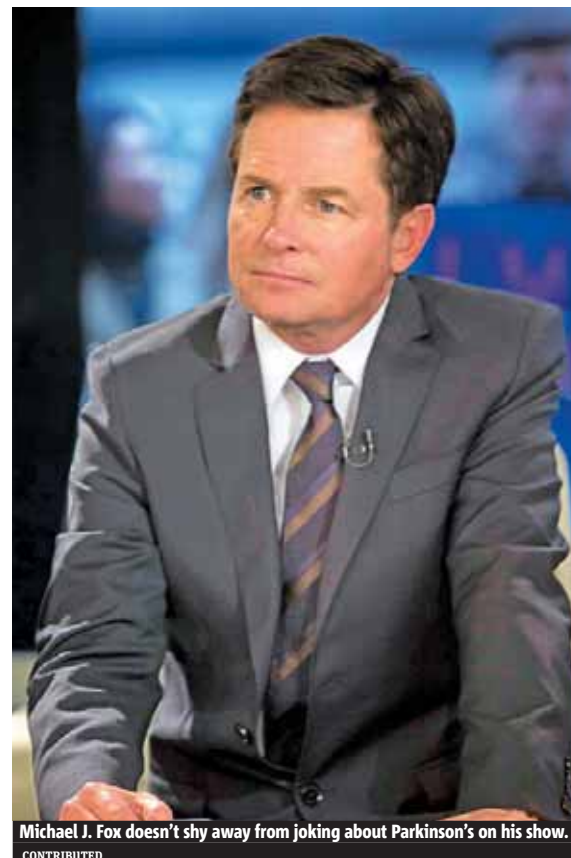
Co-creator Sam Laybourne credits the show's family-friendliness for its success. "My favourite tweet ever I've seen about the show is, 'Watching with my family. We were cracking up like maniacs,'" Laybourne says. Family comedy makes a comeback, it seems.

go back to work full time?" The more I thought about it, the more I thought, 'Why can't I do a show?' I couldn't find a reason not to," Fox says.

"Being a guy with Parkinson's, there's a whole new set of tools for him," Laybourne says. "There was this sort of fear going into it that Michael is somewhat limited. He's not limited. He's using different tools, which are equally if not more funny. He's up for anything."

The show doesn't shy away from joking about Parkinson's, a tactic that is meant to help the audience feel more comfortable with it as the season goes on. Laybourne explains that early in the season, viewers may have felt uncomfortable laughing at Parkinson's jokes, but people that have stuck with the show laugh about it, just as the characters on the shows do.

"We make a lot of Parkinson's jokes on set," Betsy Brandt, who plays Fox's wife on the show, tells Metro. "Michael always says, 'Everybody's always got their own bag of hammers.' It's a little shaking, it's not the end of the world. ...



Michael J. Fox doesn't shy away from joking about Parkinson's on his show.
CONTRIBUTED

For everybody, there's going to be something — maybe not a chronic disease, but something — that you struggle with."

"My view of life is coloured by humour and looking at the best in any situation," Fox says. "One of the things I love about the show is that it gives me the opportunity to tell people who

have disabilities or different challenges that they deal with that you can step back into life. You can be a part of life. You just have to allow for the facts of your situation. Instead of hiding that or being in denial about it, put it out there, and that's what I'm doing with the show."

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The Word

Lance Bass ready to say Bye Bye Bye to bachelorhood

Wedding fever has apparently gripped the former members of 'N Sync, with Lance Bass the next to walk down the aisle next year with fiancé Michael Turchin. And he tells Us Weekly that he picked up some wedding planning advice from Justin Timberlake's wife, Jessica Biel, at 'N Sync member Chris Kirkpatrick's wedding earlier this month.

"We were sitting there talking to Jessie Biel, and she gave us a lot of great pointers. And she had some really great ideas," he says. "One really cool idea she had was that, on the invites — because we love our onesies — send out personalized onesies to all our guests so that at midnight after the reception it turns into a pajama party. How fun would that be? I think we might be doing that one."

METRO WORLD NEWS



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Miley continues her blaze of glory as she burns one at the MTV Euro awards

Miley Cyrus went for shock value at an MTV awards show once again, lighting up and smoking what appeared to be a joint while accepting the award for best video at the MTV European Music Awards — only American audiences didn't get to see it. In the version broadcast in the States, the cameras cut

away to audience reaction shots as she pulls the joint from her purse, lights it and puffs away.

"No one was expecting that to happen," a source close to the show tells Us Weekly of the stunt.

"It was so brazen, so shameless. It was so uncalled for."



Katy Perry and John Mayer

Mayer and Perry to tie the knot?

With her appearance on the red carpet of the MTV Europe Music Awards Sunday night, Katy Perry continued to stoke rumours that she and boyfriend John Mayer are thinking about tying the knot.

The Unconditionally singer sported a diamond ring on her left ring finger, according to E! News.

Reps for Perry and Mayer didn't return requests for comment.

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- Dr. Daniel Paul
Member,
Nova Scotia Police Review Board

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- William Mills
Commissioner,
Halifax-Dartmouth Bridge Commission

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The deadline for applications to Adjudicative ABCs is December 16th. Applications to Non-Adjudicative ABCs are accepted at any time but consideration begins December 9th.

For more information about current and upcoming opportunities and the selection process for each, visit www.gov.ns.ca/exec_council/abc or call the Executive Council Office 902-424-4877 (toll free 1-866-206-6844) or email execounc@gov.ns.ca.



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Half off update

Six weeks ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Cieciva and registered nutritionist Theresa Albert. Elisha wants to lose half of her body weight and has been writing about it in her online blog, Half Off. Elisha recently blogged about the fact that some of her clothes are way too big now, and she's going to pack them up and donate them. "I have several sizes of clothing in my closet and getting rid of the top sizes is good, and it's scary. Getting rid of these clothes means there's no going back."

- Read the blog.
metronews.ca/half-off

Fueling future athletes

Nutrition. Women's hockey star Meghan Agosta credits her Mom's healthy cooking for helping to turn her into an Olympian

THERESA ALBERT
life@metronews.ca

Meghan Agosta, who plays forward on the Canadian women's hockey team bound for the 2014 Winter Olympics in Sochi, Russia, says she couldn't have done it without her mom.

As a family with four kids, including avid hockey players, the costs of feeding, schlepping, buying equipment and travelling can get pretty costly, both in terms of time and money. Women's hockey doesn't garner the same kind of attention, scholarships, sponsorships or salaries that men's can. But the game is no less intense.

Feeding a growing athlete isn't easy, but fuelling up before, after and during games is critical.

Agosta's Italian family loves to cook and the athlete recalls baking with her mom, Char, from an early age. According to Char, keeping Agosta in snacks for her 5 a.m. "practise and straight to school" lifestyle was a job in and of itself.

Now, the team has a nutritionist who helps them plan meals, dissects their periodic food logs and gives feedback on blood work.

They wear heart rate monitors for all practices and games and have personal goals to get the best out of their mostly 20 something bodies. But, growing up, it was



Future Olympians need as much help off the ice as they do on it. ISTOCK PHOTOS

all mom's job.

Char says she simply focused on fruits and vegetables and keeping Agosta full. Foods like tangerines during the game and high mineral choices like broccoli and artichoke played a huge role but they were on the roster because Agosta loved them, not because they had a job to do.

Most of the team now says that they eat what they like and are aware of healthy choices but aren't hyper focused on it. On the road, almost all meals are team meals and buffets serve up a hefty

balance of proteins, carbohydrates and lots of fresh vegetables.

There are no special diets or carb avoiders in the group. The athletes know they need a balanced diet to keep them going.

Agosta started playing hockey at age six because she wanted to do everything her brother did. Char says that it wasn't that hard to keep it all moving with a little planning and early meals, which were quite simple. Her key was to always have snacks on hand and to focus on the fun.



Meghan, left, and Char Agosta.
THERESA ALBERT/METRO

Early morning pre-practice meals contained a lot of carbs, like oatmeal, whole grain toast and chocolate milk. Mid-game had tangerines for hydration and quick calories. After practice but before school was a baked good in the car and Agosta remembers eating both at recess and lunch.

Perhaps lending credence to the theory that family meals contribute to a child's success, Agosta's dad, Nino, was big on an Italian family meal at the end of the day.

What comes across loud and clear is Agosta's focus and determination in everything she does from answering simple questions about snacks to playing hockey.

Taking things in stride (even on skates) while staying on track is a fine balance no matter who you are, but getting this far in a sport "designed for boys" takes a special kind of strength that only good food and the support of a good family can provide.

The whole family is grateful for the support of the Thank You Mom program from Proctor and Gamble, which celebrates athletes' mothers through wide-spread campaigns.

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TOP
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Weeknights at 6 K8 counts down
the HOTTEST songs of the day

- 6 Hedley
Anything
- 5 Lady Gaga ft R Kelly
Do What U Want
- 4 Lorde
Royals
- 3 Katy Perry
Unconditionally
- 2 Miley Cyrus
Wrecking Ball
- 1 Macklemore & Ryan Lewis
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Ingredients

- 4 medium sweet potatoes, about 375 g (12 oz) each
- Vegetable oil
- 250 ml (1 cup) cooked corn kernels (about 2 cobs)
- 250 ml (1 cup) canned black beans, drained and well rinsed
- 125 ml (1/2 cup) diced roasted sweet red pepper
- 3 green onions, sliced
- 15 ml (1 tbsp) ground cumin
- 1 ml (1/4 tsp) each salt and pepper
- 125 ml (1/2 cup) shredded jalapeno havarti, cheddar or mozzarella cheese



This recipe serves four. THE CANADIAN PRESS

2. Scrub sweet potatoes and cut in half lengthwise. Brush cut sides with a little oil. Place, cut side down, on parchment paper-lined shallow baking sheet; bake until tender when pierced with a knife, 35 to 45 minutes. Let cool enough to handle.

3. Scoop out flesh, leaving a 1-cm (1/2-inch) shell.

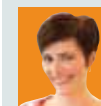
4. In a large bowl, mash scooped-out sweet potato until smooth. Fold in corn, beans, red pepper and green onions. Season with cumin, salt and pepper. Spoon filling

into shells and return to baking sheet.

5. Sprinkle each half with 1 tbsp of the cheese. Bake until heated through and cheese melts, 5 to 10 minutes. **THE CANADIAN PRESS/FOODLAND ONTARIO**

Health Solutions

You say potato, I say potassium



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

At last count there were 36 varieties of potato grown in Canada and many more heritage varieties. All of them boast impressive amounts of potassium and fibre for their approximately 100 calories. The trick is, you have to eat the skin. Think about using potatoes in these creative ways.

• Baked mashed potatoes: Scrub and poke russet or baking potatoes and bake whole for 45 to 60 minutes. Cut in half and scoop flesh to mash with butter, milk and/or cream cheese. They are fluffier and retain more nutrients than peeled and

boiled recipes.

• Grate a whole potato into an oiled skillet and fry for a few minutes. Top with whisked eggs, cinnamon and sliced apples and pop into the oven at 375 F for 20 to 30 minutes to cook through. The dish has more protein and nutrients than pancakes and is just as yummy with maple syrup.

• Stir extra virgin olive oil, garlic and lemon juice into leftover mashed potatoes and serve as a veggie dip.

And don't you believe the rumours about potatoes — they are actually really nice once you get to know them.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



Veggie chip, dip, repeat

Ingredients

- 2 each peeled carrots, beets, parsnips and potatoes
 - 45 ml (3 tbsp) vegetable oil
 - Salt, to taste
- Dip**
- 250 ml (1 cup) cream cheese, room temperature
 - 125 ml (1/2 cup) sour cream
 - 15 ml (1 tbsp) lemon juice
 - 3 roasted red peppers

- 2 ml (1/2 tsp) grated orange rind
- 1 or 2 cloves garlic, minced
- 30 ml (2 tbsp) chopped chives, plus extra for garnish
- 1 ml (1/4 tsp) ground cumin
- Salt and pepper, to taste
- Chili sauce (optional)

These nutritious Vegetable Chips With Roasted Pepper Cream Dip are easy to make. When completely cooled, they can be stored at room temperature in an airtight container for up to two days. Re-crisp in a warm oven before serving.

1. Using a vegetable slicer, cut carrots, beets, parsnips and potatoes into very thin slices.

2. Keeping beets separate, toss

all vegetables with oil to coat thinly.

3. Line 2 baking sheets with parchment paper; arrange all vegetable slices in single layer on baking sheets. Bake for 15 minutes. Reduce heat to 120 C (250 F); bake for about 45 minutes longer, turning slices at least once, or until crisped and browned. Sprinkle with salt.

4. Dip: In food processor, purée



This recipe makes four to six servings. THE CANADIAN PRESS

cream cheese, sour cream, lemon juice, peppers, orange rind and garlic. Stir in chives, cumin, salt and pepper. Top with a swirl of chili sauce, if using, and more chopped chives. Serve with chips. **THE CANADIAN PRESS/FOODLAND ONTARIO**

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Getting tired on the temping treadmill?

Take a time out to think. First, adapt to the ever-shifting experience, then find a way to progress your career past that phase

MIKE
DJOC
life@metronews.ca

Jumping from job to job and adjusting to new colleagues and work environments on a regular basis can take an emotional toll. Temp nation's population currently sits a little over the two million mark according to Stats Canada's most recent monthly employment numbers, so odds are if you're on the temping treadmill you're not alone. We tapped Vancouver-based workplace psychologist Dr. Jennifer Newman's expertise on keeping a healthy mindset, temp networking and breaking the cycle.

Do you think the aging

workforce — people who in the past may have worked one job for 20 years — cope differently with the stresses of temping than the emerging workforce?

A lot of people who have had 20 years experience at one job may find it interesting to have variety or they might find it stressful learning new things. On the flip side, a less experienced worker can feel stressed because they are constantly having to learn something new. They're turning into a jack of all trades and a master of none. The other side of that is they are getting a lot of work experience that they wouldn't otherwise have in different industries and in different offices and gaining new skills that way.

What advice do you have for serial temps who feel they're going nowhere and want to break the cycle? Make a mini-business plan for yourself as if you were your own company. A lot of times it's a lack of focus and not really sitting back long enough and think-

ing, "OK what do I actually really want?" Then it's (a matter of) breaking it down. What are the stepping stones? What training would I have to get? What other kinds of job experience through my temp agency can I try to get? Who can I network (with)? The nice thing about meeting different people through a temp agency is if you strike a chord you can network with them. You really are getting a great opportunity to meet a lot of different people.

Are certain personality types better suited to cycling through a series of interim jobs than others?

There is a thing called a multiculturalist. I've done some research on people who are really good at going into different cultures and adapting quickly. Some people are good at it, some people aren't. The temp position is in a sense requiring you to go into completely different cultures in a serial fashion as you would if you were



If you apply yourself there are ways to adapt to the temp treadmill and ways to get off it completely. ISTOCK

doing international relations or development. The main qualities they have are adaptability, flexibility,

being a quick study and unflappable. If you could cultivate those qualities and see yourself as a multi-

culturalist going into different cultures, almost an anthropological mindset, it can help.

Got your eye on temp work? Here are some survival tips

Employment. Having a plan for approaching agencies and knowing what to do on the first day of work can help smooth the way into this field of recruiting



YOUR
MONEY
Alison Griffiths
money@metronews.ca

Whether you are in IT, hospitality or engineering there's a temp agency recruiting in that field. Statistics Canada has tracked the increase of temp workers from just over 11 per cent of the workforce in 1997 to 13.6 per cent in 2011.

The numbers can be interpreted as proof of deterioration in employment, or movement to a more flexible workplace. Either way, there's no question that the temp field can offer an entry into the labour market or even an ongoing career.

Shari Angle, vice president

with Adecco, Canada's largest temporary recruitment agency, offers some tips on becoming a temp worker:

- Research the agency. Some offer services that are very specialized.
- Map out what types of jobs you have experience in and what type of work you would be willing to do.
- Map out the specific times and hours per week you are available to work.
- Contact your job references informing them that you are actively seeking employment because they will be called.

To make temp work a little less disorienting, have a checklist of questions to be answered before the first day of work:

- Where do I park?
- Where is the staff entrance?
- What is the dress code?
- How do breaks and lunch work?

Angle also recommends workers ask for a "go-to buddy" for day-to-day questions.

Temp workers are paid by



If you're thinking of approaching a temp agency, research the agency and find out what types of services it offers. ISTOCK

the agency, which will supply the T4 slip for tax purposes. Adecco, for example, pays employees weekly but other agencies may have a different policy.

Some agencies offer benefits to employees on long-term assignments and access to training programs.

As with any job, those who are reliable and flexible jump to the head of the list for future employment.

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COLOURBOX

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For individuals who are understanding, non-judgmental and interested in working with and helping others, you could be well-suited to a career as a trained counsellor.

“Success College’s specialized counselling skills diploma program can provide you with the tools and experience you need to begin a professional path toward helping others as a trained counsellor,” says Janice Currie, director, Success College.

The human services programs prepare you to work as a counsellor in addictions, mental health, victims of abuse, at-risk youth and many more.

Students will meet the requirements to enter into private practice or become a certi-

fied counsellor.

“Training aides and certifications are what separates our counselling skills course from other diploma programs,” Currie says.

Success College’s counselling skills diploma is also accredited by the Canadian Professional Counsellors Association, the Canadian Council of Professional Certification and the Canadian Addiction Counselling Certification Federation.

“This course will give you insight on yourself and prepare you to work in a professional environment,” Currie says.

Graduates may go on to find entry-level employment in areas such as group homes, recovery houses, addiction rehabs, outreach programs, community centres and more.

For more information, please visit successcollege.ca.

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The Maritime Business College (MBC) paralegal program trains individuals to become valued and vital members of any legal team.

“Our paralegal program was developed by lawyers to ensure our graduates are prepared to provide valuable support to the law practice from their very first day on the job,” says Janice Currie, director, MBC.

Most paralegals are employed by law firms, corporate legal departments, and various government offices.

They can work in many different areas of law, including litigation, personal injury, corporate law, criminal law, intellectual property, labour law, bankruptcy, family law, and real estate.

MBC prides itself on delivering relevant, practical knowledge and skills that are the foundation for a successful career.

Each program is taught by industry experts, and students benefit directly from the depth of their experience.



CONTRIBUTED

“Our graduates are prepped for the job market,” Currie says. “In addition to the core skills that are relevant to their program, students are taught the essential skills of how to market themselves and how to succeed in the workplace.”

MBC also offers extensive career services to assist students with their job search.

For more information, please visit maritimebusinesscollege.ca.

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CARE FOR MULTIPLE NEEDS OF INDIVIDUALS

After arriving in Canada two years ago, the desire to start a business was what motivated Wanda Johnson and her mother, Mishell Currie, to enrol in the continuing care assistant (CCA) program at the Centre for Health Studies.

Johnson went into the program first, after completing high school and loved it so much that she recommended it to her mother.

"The small class sizes made it easier for the instructors to focus on each in-

dividual student," Johnson says. "The instructors were very knowledgeable and very supportive."

The CCA program offers students an opportunity to learn how to care for and support our most vulnerable populations within the health-care sector.

The nine-month program teaches students to care for the multiple needs of individuals receiving health care, such as emotional, intellectual, social, spiritual and physical.

Johnson is currently working as a CCA and says she truly loves the work she is doing. Currie is currently completing the program.

Johnson says the plan to start a business in this field is still the ultimate goal, but her and her mother are still in the research stage.

Applications for the January intake are now being accepted.

For more, visit techealthstudies.net/continuing-care-assistant.



COLOURBOX



GEORGE DOLGIKH/COLOURBOX

CRITICAL THINKING SKILLS ARE ESSENTIAL

The entire college experience is based on stimulating, developing, and honing a student's scholarly faculties. This involves diverse curricula that motivate thinking, reasoning, and logic.

In short, a college education is rooted in critical thinking. Critical thinking involves the use of reasoning and logic to solve problems or make decisions.

When you examine two objects for similarities and differences, this is utilizing the skills of comparing and contrast-

ing. This concept involves identifying similarities or common characteristics, and contrasting involves identifying differences. Using this analytical application can help discover details that you might have otherwise overlooked.

Using your knowledge about one situation to make sense of similar situation is the skill of applying concepts. Relating two situations and being able to transfer your knowledge from one situation to another reveals your understanding of

that particular concept. Applying concepts skills are used throughout the science field. Conducting experiments and applying learned data to solve different problems is a good example of applying concepts.

Not all critical thinking skills are targeted at academic success. Some critical thinking skills are used for personal development as well. Making generalizations is a skill that helps students formulate legitimate conclusions.

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STUDY UP ON SMU

**VISIT OPEN HOUSES
NOV. 16 AND 22**

While most post-secondary institutions look great on paper or online, it's not until you actually step foot on campus to get the real feel of the learning environment.

On Nov. 16 and 22, from 9 a.m. until noon, stop by one of Saint Mary's University's two open houses to find out if SMU is the place for you to pursue your education.

"These events are designed for individuals to come and explore our beautiful campus and discover our very friendly and approachable environment," says Nina Maric, online and on-campus recruitment co-ordinator, Saint Mary's University.

SMU offers a number of undergraduate degrees in the areas of arts, business, science, and environmental studies.



CONTRIBUTED

The open houses are open to the public on a drop-in basis, and prospective students will have a chance to check out the SMU campus and meet with current students, faculty and staff.

The deans of each department and even the president of SMU will be on hand to answer any questions about the programs or school.

"We really try and make it easier for students so they can envision themselves at St. Mary's," Maric says.

And for those who do see their future at SMU, they can apply on the spot.

For more information about the SMU open houses, visit smu.ca/openhouse.

LET THE HAIR DESIGN CENTRE GROOM YOU FOR A NEW CAREER

For some, if at first you don't succeed, trying again really is the answer.

Christine Halladay, director of education at the Hair Design Centre (HDC), says students who are coming out of long-term employment or education in another field tend to be very successful at the HDC.

"These students know what they want and don't want," Halladay says. "If they are coming from another academic school or trade they didn't enjoy, they tend to go to something they always wanted to do. And for people in other jobs, it gives them a different perspective to education."

The Hair Design Centre provides students with an innovative, high-energy, supportive environment where they cultivate the skill and passion necessary to succeed as a salon professional.

The hands-on training and salon experience gives students an advantage when it comes to heading out into the workforce after completion of the program.

Halladay says graduates of the Hair



CONTRIBUTED

Design Centre have a high employment rate and most are successful in their new careers.

Applications are being accepted for the Nov. 25 intake.

For more about the Hair Design Centre, visit hairdesigncentre.com.

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SECURE YOUR FINANCIAL FUTURE



ISTOCK/THINKSTOCK

According to a recent survey, many Canadians not only feel they aren't in control of their own finances, but they feel pressured to keep up appearances, despite the financial strain.

To help counter those concerns, Credit Canada Debt Solutions has been a driving force behind Credit Education Week, an annual event now in its seventh year

designed to promote sound financial management.

"Many people feel that they have little control over their debt challenges and that can add a tremendous amount of stress to their lives," says Laurie Campbell, the CEO of Credit Canada Debt Solutions. "What we hope to do with Credit Education Week and through discussing

these survey results is show that people can make a tremendous impact on their personal and financial well-being just by taking action and educating themselves."

Some key results of the survey include:

- More than half (52 per cent) of all Canadians don't feel in control of their own finances.
- Only one in six (17 per cent) feel they

are ahead financially from where they thought they would be at this point of their lives.

- When going out with friends, 44 per cent of Canadians say they feel pressure to spend more than they can afford.
- One-third (32 per cent) of Canadians are not living on a budget.

Other survey findings show that financial challenges can lead to marital strife. More than 30 per cent of respondents have argued with their significant other over spending habits, and one-third believe their partner's spending habits is hurting their financial goals.

Credit Education Week, a nationwide event that runs through to Friday, offers a number of events, speakers, and seminars designed to improve financial awareness and promote fiscal management techniques.

"Communication is key," Campbell says. "Whether you're concerned about your partner's spending or you're already in debt and avoiding doing something about it, talking to someone, getting good advice, and taking action are all keys to securing your financial future."

For more information about Credit Education Week, visit cewc.ca. For more information about Credit Canada Debt Solutions, visit creditcanada.com/.

— Jason Menard



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*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

NBL Canada

Rainmen show fight, but no Miracles in OT loss

No one could really blame the Halifax Rainmen if they decided to mail it in.

Undermanned and badly outscored late in the third quarter, the Rainmen, who coped with just eight dressed players, refused to pay heed to the writing on the wall. Instead, they dug deep and laid it all on the line before the 1,200 appreciative fans at the Metro Centre on a miserable Sunday afternoon.

Down by 18 points with just 3:37 left in the third quarter, the Rainmen mounted a spirited comeback to force overtime. But, in the end, Halifax dropped a painful 103-101 overtime loss to the Moncton Miracles.

Though falling to 0-5 on the season, the Rainmen, who had just two guards at their disposal, showed their toughness and talent.

Rainmen centre Tim Parham, who scored 15 points and hauled down 22 rebounds, stood on the sidelines post-game fighting back tears.

"It was a tough game, extremely painful," he said. "We battled back from 18 points and that's a really big thing for us; we're definitely going to build off this game."

"But I hate losing more than I love winning. We have a lot of banged up bodies, but we lose together and we win together."

Rainmen guards Stephen Sir and Jajuan Cooley played 53 minutes each. Sir collected a game-high 30 points, and Cooley added 15 points and nine assists.

The Rainmen are back at home against the Saint John Mill Rats next Sunday at 2 p.m.

ANDREW RANKIN/METRO

'It's devastating for sure': Trey Lewis

QMJHL. Mooseheads part ways with captain due to health concerns



PHILIP CROUCHER
philip.croucher@metronews.ca

It's something Trey Lewis says hasn't sunk in yet. He's not sure when it will.

After pouring his heart and soul into the Halifax Mooseheads for four seasons, the team's captain and 20-year-old defenceman is the odd man out as the club finalized its three overage spots for the season on Monday.

Lewis has been out of the lineup since early October with a torn labrum in his hip, an injury that will eventually need surgery.

"It's devastating for sure. It's definitely tough," Lewis said. "I kind of knew it was coming. It's an injury that doesn't get better unless I have surgery."

"It's understandable but it's devastating on my part."

Lewis was told of the team's decision prior to Saturday's home game against the Saint John Sea Dogs. Head coach Dominique Ducharme told the players Monday morning.

Lewis will now join the Maritime Junior A Hockey League's Miramichi Timberwolves, while remaining on the Mooseheads' 55-man projected list.

"The decision is 100 per cent based on his health," Mooseheads general manager Cam Russell said. "This is a very tough day for myself and the coaching staff and the fans alike."

While Lewis says he's healthy enough to be back in the lineup, he understands



Mooseheads captain Trey Lewis has been cut by the team as the club finalizes its overage positions. JEFF HARPER/METRO

Farewell tweet

"Just want to thank everyone who has supported me over these last 4 seasons to make them the best years of my life. Thank you." Trey Lewis, in a tweet to fans on Monday.

his future in junior hockey is murky.

Lewis wants to see how long he can keep playing before needing the surgery. The Mooseheads aren't willing to take the risk.

"It's just one of those wear-and-tear things — it could come back at any time," said Lewis, who has been practising

for a week and says he's feeling much, much better.

"I wanted to play with Halifax and I would've played through the pain if they were willing to take the risk."

Lewis played 206 games for Halifax, collecting 16 goals, 47 assists and 248 penalty minutes. He was co-captain of the Mooseheads' Memorial Cup-

winning squad last season, and was the sole captain this year.

Halifax is now keeping Brent Andrews, Brendan Duke and Darcy Ashley as its three 20-year-olds for the season.

"We said since Day 1 we were fortunate to have four very good individuals, very good hockey players," Russell said. "We are happy with the three players we have left."

Russell isn't ruling out the possibility of trading Lewis to another QMJHL team. Lewis says, for now, he's just looking forward to playing in Miramichi, which is near his hometown.

Veteran Huskies react after Loney Bowl loss



Mohammed Abdallah of Saint Mary's, centre, gets sacked by Mount Allison's Kwame Adjei. JEFF HARPER/METRO

The pain of defeat was written all over Rob Jubenville's face.

The Saint Mary's Huskies all-star defensive lineman's university career had come to an abrupt end where it started — in front of a packed house at Huskies Stadium. The tears streaming down his face were enough to tell the story.

Who could blame him after the Huskies' heartbreaking 20-17 defeat at the hands

of the Mount Allison Mounties in Saturday afternoon's Loney Bowl?

"I'm not that disappointed about the game so much as I am looking back," said Jubenville, who is moving on after a standout five-year career with the Huskies.

"I'm thinking of all the memories and walking away from it, but we played pretty well today. It was one play

Mount Allison vs. Laval

Mount Allison will now host the Laval Rouge et Or in next Saturday's Uteck Bowl.

here, one play there, that's about it. That's football."

Huskies quarterback Jack Creighton, who rushed for 50 yards, including a Huskies go-

ahead touchdown, and threw for 141 yards on 10 of 21 attempts, made no excuses in the loss, which also ended his five-year varsity career.

"They deserved this. Hats off to Mount A. They played us tough," said Creighton. "But, I had a great five years here, great experiences, ups and downs. I wouldn't have it any other way."

ANDREW RANKIN/METRO

NFL

Bucs get first win of season vs. Fins

Mike Glennon threw a one-yard touchdown pass to tackle Donald Penn and led a long fourth-quarter TD drive to put the Buccaneers ahead for good in a 22-19 victory over the embattled Miami Dolphins on Monday night.

THE ASSOCIATED PRESS

CFL

Als' Calvillo likely to call it a career

Quarterback legend Anthony Calvillo says he is leaning toward retiring.

The CFL's all-time passing leader said he has not made a final decision, but it is highly possible his 20-year career is over.

THE CANADIAN PRESS

NBA

Rose insists injury is 'nothing bad'

Derrick Rose had 16 points before leaving in the fourth quarter with a right hamstring injury, and the Chicago Bulls pulled away from the Cleveland Cavaliers for a 96-81 victory on Monday night.

Rose grimaced after he drove down the lane for a twisting layup with 3:39 left.

THE ASSOCIATED PRESS

NHL. Leg injury to Lightning's Stamkos reverberates to Sochi

When Steven Stamkos crashed into the post in Boston on Monday afternoon, the shock waves could be felt all the way to Sochi, Russia.

The Tampa Bay Lightning star is out indefinitely with a broken right tibia, an injury that could be a significant blow to Team Canada in its efforts to defend gold at the Olympics. Stamkos was the NHL's leading scorer at the time of his injury.

"Certainly from a Canada perspective, I don't know of a time frame, but certainly probably going to be questionable if he can play in the Olympics," said Detroit Red Wings general manager Ken Holland, who's part of Canada's management team. "Big loss for Tampa, big loss for our league."

Stamkos lost his balance

Quoted

"It's unfortunate, and that's the risk of being a National Hockey League player or a professional athlete."

Wayne Gretzky, on Steven Stamkos breaking his leg.

and crashed into the net during the second period of the Lightning's 3-0 loss to the Boston Bruins. He writhed in pain on the ice and appeared to tell a trainer, "It's broken."

The break requires surgery to repair. The Lightning did not release a time frame, likely in part because the complexity of the fracture could affect things.

THE CANADIAN PRESS



Lightning centre Steven Stamkos leaves the ice on a stretcher on Monday in Boston. ELISE AMENDOLA/THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	17	12	5	0	54	42	24
Boston	17	11	5	1	48	30	23
Toronto	17	11	6	0	51	40	22
Detroit	18	9	5	4	45	48	22
Montreal	18	9	8	1	48	40	19
Ottawa	17	7	6	4	53	51	18
Florida	18	3	11	4	37	64	10
Buffalo	19	3	15	1	33	61	7

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	17	11	6	0	50	40	22
Washington	18	9	8	1	57	52	19
NY Rangers	17	9	8	0	39	46	18
Carolina	17	6	7	4	32	48	16
New Jersey	17	5	7	5	35	44	15
NY Islanders	18	6	9	3	51	60	15
Columbus	16	6	10	0	41	46	12
Philadelphia	16	5	10	1	26	44	11

Monday's result

Boston 3 Tampa Bay 0

Sunday's results

Montreal 4 NY Islanders 2

New Jersey 5 Nashville 0

NY Rangers 4 Florida 3

Chicago 5 Edmonton 4

Colorado 4 Washington 1

Winnipeg 5 San Jose 4 (SO)

Anaheim 3 Vancouver 1

Tuesday's games

All Times Eastern

Los Angeles at Buffalo, 7 p.m.

Colorado at Carolina, 7 p.m.

Nashville at NY Islanders, 7 p.m.

Columbus at Washington, 7 p.m.

New Jersey at NY Rangers, 7 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	16	14	2	0	54	28	28
Chicago	18	12	2	4	66	49	28
St. Louis	15	11	2	2	52	34	24
Minnesota	18	10	4	4	48	40	24
Nashville	17	8	7	2	37	54	18
Dallas	17	8	7	2	46	52	18
Winnipeg	19	8	9	2	50	55	18

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	19	15	3	1	66	45	31
Phoenix	18	12	4	2	60	56	26
San Jose	17	10	2	5	63	41	25
Vancouver	20	11	7	2	54	54	24
Los Angeles	17	11	6	0	50	41	22
Calgary	17	6	9	2	47	61	14
Edmonton	19	4	13	2	48	75	10

Note: Two points for a win, one point for overtime loss.

Winnipeg at Detroit, 7:30 p.m.

Anaheim at Florida, 7:30 p.m.

Philadelphia at Ottawa, 7:30 p.m.

Tampa Bay at Montreal, 7:30 p.m.

Phoenix at St. Louis, 8 p.m.

San Jose at Calgary, 9 p.m.

Wednesday's games

Toronto at Minnesota, 7:30 p.m.

Philadelphia at Pittsburgh, 8 p.m.

Dallas at Edmonton, 10 p.m.

Thursday's games

Los Angeles at NY Islanders, 7 p.m.

Columbus at Boston, 7 p.m.

Anaheim at Tampa Bay, 7:30 p.m.

Phoenix at Chicago, 8 p.m.

Colorado at St. Louis, 8 p.m.

Dallas at Calgary, 9 p.m.

San Jose at Vancouver, 10 p.m.

MLS PLAYOFFS

CONFERENCE FINALS

(Two games, total goals)

Sunday's result

Real Salt Lake 4 Portland 2

Saturday's result

Kansas City 0 Houston 0

Saturday, November 23 — All Times Eastern

Houston at Kansas City, 7:30 p.m.

Sunday, November 24

Real Salt Lake at Portland, 9 p.m.

CFL PLAYOFFS

DIVISION SEMIFINALS

Sunday's results

Hamilton 19 Montreal 16

Saskatchewan 29 B.C. 25

DIVISION FINALS

Sunday, Nov. 17 — All Times Eastern

Hamilton vs. Toronto, 1 p.m.

Saskatchewan vs. Calgary, 4:30 p.m.

NBA

Monday's results

San Antonio 109 Philadelphia 85

Indiana 95 Memphis 79

Atlanta 103 Charlotte 94

Boston 120 Orlando 105

Houston 110, Toronto 104, 20T

Chicago 96, Cleveland 81

at Utah 100 Denver 81

Detroit at Portland

Minnesota at L.A. Clippers

Sunday's results

San Antonio 120 New York 89

Oklahoma City 106 Washington 105

Phoenix 101 New Orleans 94

Minnesota 113 L.A. Lakers 90

NFL

WEEK 10

Monday's result

Tampa Bay 22 Miami 19

Sunday's results

St. Louis 38 Indianapolis 8

N.Y. Giants 24 Oakland 20

Pittsburgh 23 Buffalo 10

Seattle 33 Atlanta 10

Philadelphia 27 Green Bay 13

Baltimore 20 Cincinnati 17

Jacksonville 29 Tennessee 27

Detroit 21 Chicago 19

Carolina 10 San Francisco 9

Arizona 27 Houston 24

Denver 28 San Diego 20

New Orleans 49 Dallas 17

Thursday's game — All Times Eastern

Indianapolis at Tennessee, 8:25 p.m.

Sunday, November 17

Baltimore at Chicago, 1 p.m.

Arizona at Jacksonville, 1 p.m.

Detroit at Pittsburgh, 1 p.m.

Oakland at Houston, 1 p.m.

N.Y. Jets at Buffalo, 1 p.m.

Cleveland at Cincinnati, 1 p.m.

Washington at Philadelphia, 1 p.m.

Atlanta at Tampa Bay, 1 p.m.

San Diego at Miami, 4:05 p.m.

San Francisco at New Orleans, 4:25 p.m.

Green Bay at N.Y. Giants, 4:25 p.m.

Minnesota at Seattle, 4:25 p.m.

Kansas City at Denver, 8:30 p.m.

Monday, November 18

New England at Carolina, 8:40 p.m.

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November 12

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		2 & 4 Franklyn Crt. Bach \$539 Call 830.9060	1 & 11 Drysdale Rd. 2 BR \$719 *Heat & Hot Water Incl. Call 830-1038
		1-10 Crystal 1 BR \$599, 3 BR \$749 Call 830.9060	1 & 3 Farthington Place 1 BR \$599, 2 BR \$749 *Heat & Hot Water Incl. Call 789-9981

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SPIRITUAL

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Say 9 Hail Mary's for 9 days.
Ask for 3 wishes, first for business, second and third for the impossible.
Publish this article and your wishes will come true even though you may not believe it. Amazing but true!

K.L.

Horoscopes

Aries

March 21 - April 20

Some people never stop moaning and you will give them something to moan about! Misery loves company but you have no intention of joining them in their pathetic "woe is us" mind-set.

Taurus

April 21 - May 21

You may have to burn the candle at both ends to make up for falling behind in your schedule but it will be worth it. Just remember that after you have reached your goal you should take it easy.

Gemini

May 22 - June 21

What you hear about today will tell you all you need to know about someone's motive. Whether you consider it "good" or "bad" is not important. What matters is that you can work together.

Cancer

June 22 - July 23

Jupiter in your sign is linked with the Sun in Scorpio today, so what you choose to do with your time will not only be successful but a lot of fun. Try not to overdo it but, if you do, the hangover will be worth it.

Leo

July 24 - Aug. 23

If you have done something you are proud of, shout about it. The more you make a show of your talents now, the more opportunities will come your way later.

Virgo

Aug. 24 - Sept. 23

Use your mind today. You won't need to force others to do your bidding as long as you ask nicely, and show them how they can benefit too.

Libra

Sept. 24 - Oct. 23

This may be a time of big changes in your affairs but that does not mean you can afford to be reckless. The planets warn if you go over the top today, it could cost you.

Scorpio

Oct. 24 - Nov. 22

Some of the goals you have set may seem optimistic but you have faith in your abilities. Can you move mountains? Well, most mountains, if they see you bearing down on them, will get out of the way.

Sagittarius

Nov. 23 - Dec. 21

Stick to the facts and don't let wishful thinking turn your head. You need to be realistic about what you are doing and what your prospects are for success. They're excellent, but you still need to plan carefully.

Capricorn

Dec. 22 - Jan. 20

Don't make an issue of it if someone disagrees with your opinions today. There is no reason why you should take it personally and if you do, it will put you at a disadvantage.

Aquarius

Jan. 21 - Feb. 19

You are in one of those moods when you either take things too seriously or you take nothing seriously at all. Either way, you will upset people, but that's OK. It's part of your role in life to stir things up.

Pisces

Feb. 20 - March 20

The Sun and Jupiter combine across the two most dynamic areas of your chart today, making this the ideal time to get started on a project you've been planning. **SALLY BROMPTON**

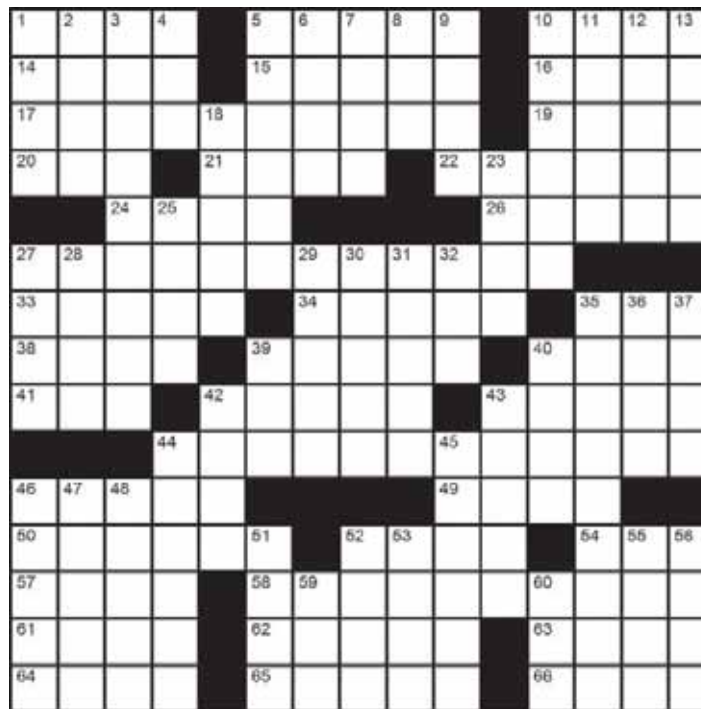
Crossword: Canada Across and Down

Across

- Uncertain
- Maples
- Assemble the dried clothes
- Extra
- Biathlon gear
- Biblical twin
- Klondike Gold Rush participant
- Tears
- Speaks, slang-style
- Tori of tunes
- Author Mr. Hemingway
- Currency across the Atlantic
- Buenos __, Argentina
- __ Party of Canada
- Mr. Fudd of 'Bugs Bunny' fame
- Wipe the __ clean
- Type of dog
- Curved musical line
- Unyielding
- Sickness relief
- Small amount
- Started
- __ Wrap (Kitchen roll)
- It's been moving northwestwardly from the Canadian Arctic in the direction of Russia, North __
- Eyewear, colloquially
- Sir Coward of plays
- Wish for: 2 wds.
- '60s band, The __

Down

- provider
- Fatty, in cooking
- Ship's figurehead site
- Down
- Pixies
- Golfer's "Look out!"
- Permafrost, as some might call it: 2 wds.
- Positive response
- Ground shaker
- Puerto __
- Tiny amphibians
- "Shine a Little Love" gr.
- Parched
- Mountain city in southeastern BC
- Wickerwork material
- __ of judgment
- Does some housework
- Potato gadget
- Electronica music dance party
- Selfish sort
- "__ la vie!"
- Stewpot
- Signal for peace
- Pond buildup

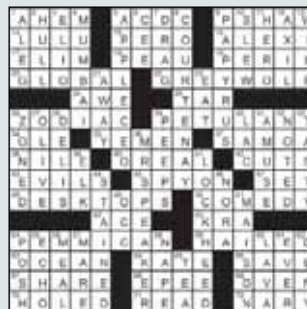


See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Corrupt
- "__ be my pleasure."
- Canadian ship-ping company
- The __ Mountains (Range in Russia)
- Singing cowboy Mr. Autry
- Li'l rule
- Superhero's outfit part
- Rope fibre
- Sprinkle the Comet, proceed to what?
- Concordia's rival in Montreal
- Sort of: 3 wds.
- Looseness
- Mail, in Montreal
- Between: French
- Electrical resistance units
- Scourge
- Modify
- Montreal-born singer, Ginette __
- Brag about
- __ de Cologne
- Rapsallion

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

5°/-4°

Rain and snow

80%

Wednesday

1°/-7°

Partly cloudy

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SPRING

Forte SX shown¹

THE ALL-NEW 2014
FORTE

HWY (M/T): 5.3L/100KM
CITY (M/T): 8.0L/100KM

WIN IT

OR

OWN IT FROM **\$96[≈]** AT **0%⁺**
 BI-WEEKLY APR

Bi-weekly for 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PPSA and fees. Offer based on 2014 Forte Sedan LX MT with a purchase price of **\$17,559**.

Sorento EX shown²

THE NEW 2014
SORENTO

7 PASSENGER SEATING AVAILABLE
AAVAILABLE ALL-WHEEL DRIVE
HWY (A/T): 7.1L/100KM
CITY (A/T): 10.4L/100KM

WIN IT

OR

OWN IT FROM **\$157[≈]** AT **0%⁺**
 BI-WEEKLY APR

Bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PPSA and fees. Offer based on 2014 Sorento 2.4L LX AT FWD with a purchase price of **\$28,539**.

Rondo EX Luxury shown³

THE ALL-NEW 2014
RONDO

7 PASSENGER SEATING AVAILABLE
red dot design award winner 2013
HWY (M/T): 6.2L/100KM
CITY (M/T): 9.4L/100KM

WIN IT

OR

OWN IT FROM **\$125[≈]** AT **0%⁺**
 BI-WEEKLY APR

Bi-weekly for 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PPSA, fees and **\$750 LOAN SAVINGS**. Offer based on 2014 Rondo LX MT with a purchase price of **\$23,539**.



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The Power to Surprise

Offer(s) available on select new 2014 models through participating dealers to qualified customers who take delivery by December 2, 2013. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. All offers are subject to change without notice. Vehicles shown may include optional accessories and upgrades available at extra cost. All pricing includes delivery and destination fees up to \$1,665, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable) and excludes licensing, registration, insurance, and other taxes. Other lease and financing options also available. **0% purchase financing is available on select new 2013/2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. ***Don't Pay Until Spring" offer (180-day payment deferral) applies to purchase financing on select new 2014 models. No interest will accrue during the first 150 days of the finance contract. After this period, interest accrues and the purchaser will repay both the principal and interest monthly over the contract's term. **Bi-weekly finance payment O.A.C. for new 2014 Sorento 2.4L LX AT FWD (SR758E)/2014 Forte Sedan LX MT (F0541E)/2014 Rondo LX MT (RN551E) based on a selling price of \$28,539/\$17,559/\$23,539 is \$157/\$96/\$125 with an APR of 0% for 60/84/84 months, amortized over an 84-month period. Estimated remaining principal balance of \$8,154/\$0/\$0 plus applicable taxes due at end of 60-month period. Offer includes loan savings of \$0/\$0/\$750. Retailer may sell for less. See dealer for full details. *NO PURCHASE NECESSARY. Phase 1 Entry Period ends December 2, 2013, at the close of regular business hours at participating Kia dealerships. Phase 2 Entry Period ends December 30, 2013, at the close of regular business hours at participating Kia dealerships. Open to age-of-majority residents of Canada. 60 Prizes (30 attributed to Phase 1 and 30 attributed to Phase 2), each consisting of a cheque that may range in value from \$15,350 to \$46,859. Odds of winning a Phase 1 Prize depend on the number of eligible Phase 1 Entries received before the applicable Phase 1 Draw Date. Odds of winning a Phase 2 Prize depend on the number of eligible Phase 2 Entries received before the applicable Phase 2 Draw Date. Skill-testing question required. For full contest rules and no-purchase entry details, visit www.kia.ca. *Model shown Manufacturer Suggested Retail Price for 2014 Sorento 3.3L EX AT AWD (SR758E)/2014 Forte SX (F0748E)/2014 Rondo EX Luxury (RN756E) is \$34,195/\$26,195/\$32,195. **Highway/city fuel consumption is based on the 2014 Sorento LX 2.4L GDI 4-cyl (A/T)/2014 Forte 1.8L MPI 4-cyl (M/T)/2014 Rondo 2.0L GDI 4-cyl (M/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.